

# *Ayurveda Today Index, issue sort*

<i><b>TITLE</b></i>	<i><b>AUTHOR</b></i>	<i><b>SUBJECT</b></i>	<i><b>YEAR SEASON</b></i>
The Biodynamics of Ayurveda	Vasant Lad	ayurveda, the science of	1988 fall
Vata Dosha	Stinnett	ayurveda, the science of	1988 fall
Ayurvedic Cuisine: Kitcheri	Usha Lad	nutrition, digestion &	1988 fall
Those Marvelous Herbs: Garlic	Goodman	herbology &	1988 fall
But for Whom?	Melanie Sachs	nutrition, digestion &	1988 summer
Ayurvedic Cuisine: Coconut Saffron Rice	Janhavi	nutrition, digestion &	1988 summer
Ayurvedic Cuisine: Coconut Milk	Janhavi	nutrition, digestion &	1988 summer
Pitta, The Dosha of Transformation	Stinnett	disease & ayurveda	1988 summer
Ayurveda for Self Realization	Lad & Flint	spirituality & ayurveda	1988 summer
The Importance of Meditation	Goodman	spirituality & ayurveda	1988 summer
The Theory of the 5 Basic Elements	Vasant Lad	ayurveda, the science of	1988 summer
Those Marvelous Herbs: Onion	Goodman	herbology &	1988 summer
Ayurvedic Cuisine: Masala Rice	Usha Lad	nutrition, digestion &	1988 winter
Those Marvelous Herbs: Ginger	Goodman	herbology &	1988 winter
The Importance of Sanskrit in Ayurveda	Robert Svoboda	ayurveda, the science of	1988 winter
Winter Nasya	Diane Westwater	ayurvedic massave &	1988 winter
Obesity & Ayurveda	Vasant Lad	disease & ayurveda	1988 winter
The 5 Types of Vata & Functions	Stinnett	ayurveda, the science of	1989 fall
Ayurvedic Cuisine: Raisin Chutney	Usha Lad	nutrition, digestion &	1989 fall
Ayurvedic Cuisine: Peas Pilau	Usha Lad	nutrition, digestion &	1989 fall
Those Marvelous Herbs: Basil	Goodman	herbology &	1989 fall
Investigating Blue Color	Arline Flint	subtle therapies - color	1989 fall
A Gemstone for Vata: The Ruby	Arline Flint	subtle therapies - gems	1989 fall
Mudras	Vasant Lad	yoga	1989 fall
Asatmya - The Concept of Allergies in Ay	Vasant Lad	disease & ayurveda	1989 spring
Ayurveda & Gemstones: The Diamond	Arline Flint	subtle therapies - gems	1989 spring
Ayurvedic First Aid: Nose Bleeds	Vasant Lad	disease & ayurveda	1989 spring
Ayurveda & Spirituality	Stinnett	spirituality & ayurveda	1989 spring
Those Marvelous Herbs: Dandelion	Goodman	herbology &	1989 spring
Ayurvedic Cuisine: Potato & Cabbage Veg.	Usha Lad	nutrition, digestion &	1989 spring
Ayurvedic Cuisine: Bengali Kheer	Usha Lad	nutrition, digestion &	1989 spring
The Stories Told by Lines of the Face	Vasant Lad	clinical assessment	1989 spring
Ayurvedic First Aid: Athletes Foot	Vasant Lad	disease & ayurveda	1989 summer
Investigating Color, A look at Orange	Arline Flint	subtle therapies - color	1989 summer
Ayurveda & Gemstones: The Pearl	Vasant Lad et al	subtle therapies - gems	1989 summer
Those Marvelous Herbs: Coriander	Vasant Lad	herbology &	1989 summer
The Summer Season and Pitta Dosha	Vasant Lad	ayurveda, the science of	1989 summer
Ayurvedic Cuisine: Kadhi (Yogurt Soup)	Dorothy Seeger	nutrition, digestion &	1989 summer
Ayurvedic Cuisine: Lassi (Buttermilk)	Dorothy Seeger	nutrition, digestion &	1989 summer
Pitta Pacifying Diet	Vasant Lad	nutrition, digestion &	1989 Summer
Pranayama	Chaitanya	yoga	1989 summer
Those Marvelous Herbs: Turmeric	Goodman	herbology &	1989 winter
Cholesterol & Excess Kapha	Vasant Lad	disease & ayurveda	1989 winter
Taking Ayurveda to Europe	Melanie Sachs	ayurveda, the science of	1989 winter
The 3 Gunas, Satva, Rajas & Tamas	Arline Flint	ayurveda, the science of	1989 winter
The Divine Balance	Stinnett	ayurveda, the science of	1989 winter
Investigating Indigo Color	Arline Flint	subtle therapies - color	1989 winter
Tears	Vasant Lad	psychology & ayurveda	1989 winter
Ayurvedic Cuisine: Carrot Pickles	Usha Lad	nutrition, digestion &	1989 winter
Ayurvedic Cuisine: Samosa	Usha Lad	nutrition, digestion &	1989 winter

*NOTE: Not all issues are available. Please call for the availability of any particular issue.*

*Wednesday, July 26, 2006*

*Page 1 of 7*

<b><i>TITLE</i></b>	<b><i>AUTHOR</i></b>	<b><i>SUBJECT</i></b>	<b><i>YEAR SEASON</i></b>
Ayurvedic Herbalism, part 2	David Frawley	herbology &	1990 fall
Investigating Color; Violet	Arline Flint	subtle therapies - color	1990 fall
Triphala - A report from the Herb Room	Scott Cote	herbology &	1990 fall
Ayurvedic Cuisine: Potato Subji	Usha Lad	nutrition, digestion &	1990 fall
Jyotisha (Vedic Astrology)	Hart deFouw	jyotisha	1990 fall
Samprapti (Pathogenesis) Part 1	Vasant Lad	disease & ayurveda	1990 fall
Seasonal Influences on Human Energy	Vasant Lad	ayurveda, the science of	1990 spring
Now May the Twain Meet	Charles Goodman	ayurveda, the science of	1990 spring
Investigating Green Color	Arline Flint	subtle therapies - color	1990 spring
Ayurveda & Gemstones: Beryl	Arline Flint	subtle therapies - gems	1990 spring
What is Health	Vivian White	ayurveda, the science of	1990 spring
Those Marvelous Herbs: Cinnamon	Lennie J. Young	herbology &	1990 spring
Ayurvedic Cuisine: Chapatis	Usha Lad	nutrition, digestion &	1990 spring
Ayurvedic Cuisine: Ginger Drink	Usha Lad	nutrition, digestion &	1990 spring
Incompatible Food Combination	Vasant Lad	nutrition, digestion &	1990 summer
Ayurvedic Cuisine: Ghee	Usha Lad	nutrition, digestion &	1990 summer
Ayurveda & Gemstones	Chaitanya	subtle therapies - gems	1990 summer
Investigating Color: Yellow	Arline Flint	subtle therapies - color	1990 summer
Migraine Headaches: An Ayurvedic Prospe	Vasant Lad	disease & ayurveda	1990 summer
Herbalism, Ayurvedic (part 1)	David Frawley	herbology &	1990 summer
Hypoglycemia	Athrine Thomas	disease & ayurveda	1990 summer
Those Marvelous Herbs: Shatavari		herbology &	1990 summer
A Tasty Poem from the Herb Room	Scott Cote	herbology &	1990 winter
Sitopaladi: An Ayurvedic Compound	Scott Cote	herbology &	1990 winter
Ayurvedic Cuisine: Eggplant Subji	Usha Lad	nutrition, digestion &	1990 winter
Ayurvedic Cuisine: Kapha Tea	Usha Lad	nutrition, digestion &	1990 winter
Samprapti (Pathogenesis) Part 2	Vasant Lad	disease & ayurveda	1990 winter
Herbs and the Digestive Process	David Frawley	herbology &	1990 winter
Asthi-Sandhi, Majja-Rogani	Vasant Lad	disease & ayurveda	1991 fall
Nature's Medicine, Ayurveda	David Frawley	ayurveda, the science of	1991 fall
Ayurvedic Cuisine: Puja Masur Dal	Usha Lad	nutrition, digestion &	1991 fall
All That You Are Not	Ammons	spirituality & ayurveda	1991 fall
Basil, The Great Protector	Teresa Hart	herbology &	1991 fall
The Vedic Use of Gems	David Frawley	jyotisha	1991 spring
Herbs, Our Friends for Life	Teresa Hart	herbology &	1991 spring
Ayurvedic Cuisine: Masala Rice	Usha Lad	nutrition, digestion &	1991 spring
Becoming a Hands-On Practitioner	Donald	ayurvedic massage &	1991 spring
Manas Prakruti / Psyc.constitution	Vasant Lad	psychology & ayurveda	1991 spring
Vive Les Differences	Chaitanya	psychology & ayurveda	1991 spring
Cuisine: Rose Petal Jam	Theresa Hart	nutrition, digestion &	1991 summer
Astrology; Where are the stars?	David Frawley	jyotisha	1991 summer
Ayurvedic Cuisine: Vada (patato & chick pea patties)	Usha Lad	nutrition, digestion &	1991 summer
That which we call a rose	Theresa Hart	herbology &	1991 summer
The Vedic Use of Gems (Part 2)	David Frawley	jyotisha	1991 summer
Ayurvedic Psychology	Vasant Lad	psychology & ayurveda	1991 summer
Cuisine: Rose Ghee	Theresa Hart	nutrition, digestion &	1991 summer
Anupans	Kevin Spelman	herbology &	1991 winter
Tratakam	Cathrine Thomas	spirituality & ayurveda	1991 winter
An Ayurvedic View of Dreams & Sleep	David Frawley	psychology & ayurveda	1991 winter
Ayurvedic Cuisine: Upma	Usha Lad	nutrition, digestion &	1991 winter
Vegas; Ignoring Natural Reflexes or Urges	Vasant Lad	disease & ayurveda	1991 winter
Ayurvedic Cuisine: Saffron Rice	Usha Lad	nutrition, digestion &	1992 fall
Ayurveda & Modern Medicine: Quality & Quantity in Medical Sy	David Frawley	ayurveda, the science of	1992 fall
Methods of Knowing	Robert Svoboda	clinical assessment	1992 fall
The Ayurvedic Assessment of Pulse	Vasant Lad	clinical assessment	1992 fall

***NOTE: Not all issues are available. Please call for the availability of any particular issue.  
Wednesday, July 26, 2006***

<b><i>TITLE</i></b>	<b><i>AUTHOR</i></b>	<b><i>SUBJECT</i></b>	<b><i>YEAR SEASON</i></b>
Kundalini, The Divine Mother	Vasant Lad	spirituality & ayurveda	1992 spring
Quotes from Caraka Samhita	Caraka	disease & ayurveda	1992 spring
Ayurvedic Cuisine: Spiced Poha	Usha Lad	nutrition, digestion &	1992 spring
An Ayurvedic View of Dream & Sleep ( Part2)	David Frawley	psychology & ayurveda	1992 spring
The Concept of Agni	Vasant Lad	nutrition, digestion &	1992 summer
Medical Systems from the Ayurvedic Standpoint	David Frawley	Ayurveda, the science of	1992 summer
Ayurvedic Cuisine: Poha (Rice flakes)	Usha Lad	nutrition, digestion &	1992 summer
Rutu Charya, Seasonal Routines for Winter & Spring	Vasant Lad	ayurveda, the science of	1992 winter
Ayurvedic Cuisine: Palak (Spinach) Subji	Usha Lad	nutrition, digestion &	1992 winter
Routines, A Life Well Lived	Robert Svoboda	ayurveda, the science of	1992 winter
Chavanprash		herbology &	1992 winter
Ayurvedic Cuisine: Stuffed Masala Chili	Usha Lad	nutrition, digestion &	1993 fall
The Healing Power of Fruit	Usha & Vasant	nutrition, digestion &	1993 fall
Choosing the Food for You	Vasant Lad	nutrition, digestion &	1993 fall
Swasam, Bronchial Asthma	Vasant Lad	disease & ayurveda	1993 fall
Ayurvedic Cuisine: Vegetable Pakora	Usha Lad	nutrition, digestion &	1993 spring
Rutu Charya Routines for Summer & Fall	Vasant Lad	ayurveda, the science of	1993 spring
Ayurvedic Cuisine: Teas	Usha Lad	nutrition, digestion &	1993 summer
Hrdroga, Heart disease	Robert Svoboda	disease & ayurveda	1993 summer
Supporting the heart with herbs	Karuna FluhartF	herbology &	1993 summer
The Ayurvedic view of Hypertention	Vasant Lad	disease & ayurveda	1993 summer
Daily Routines	Robert Svoboda	ayurveda, the science of	1993 winter
What the ancient Ayurvedic texts say about Neem	Vasant Lad	herbology &	1993 winter
Empty Bowl Meditation	Kevala Kumbhak	spirituality & ayurveda	1993 winter
The Nabhi Marmas	Vasant Lad	ayurvedic massage &	1993 winter
The Daily Routine	Vasant Lad	ayurveda, the science of	1993 winter
Ayurvedic Cuisine: Carrot Khir	Usha Lad	nutrition, digestion &	1993 winter
Creation	Robert Svoboda	ayurveda, the science of	1994 fall
Ayurvedic Cuisine: Lima Bean Bhaji	Usha Lad	nutrition, digestion &	1994 fall
Shad Darshan (Part 1)	Vasant Lad	ayurveda, the science of	1994 fall
Healing with Household Herbs: Bay Leaf	Vasant Lad	herbology &	1994 fall
Studying Ayurveda in India	Claudia Welch	ayurveda, the science of	1994 spring
Ayurvedic Cuisine: Corn Soup	Usha Lad	nutrition, digestion &	1994 spring
An Introduction to Ayurveda	Vasant Lad	ayurveda, the science of	1994 spring
Ayurvedic Cuisine: Mung Dal Kitchari	Usha Lad	nutrition, digestion &	1994 summer
Neem	Will Foster	herbology &	1994 summer
Healing with Household Herbs: Cumin	Vasant Lad	herbology &	1994 summer
An Introduction to Panchakarma	Vasant Lad	ayurvedic massage &	1994 summer
Malas, garlands, necklaces & rosaries	Vasant Lad	spirituality & ayurveda	1994 winter
Color Therapy - II	Karuna Fluhart	subtle therapies - color	1994 winter
Ayurvedic Cuisine: Spicy Puri	Usha Lad	nutrition, digestion &	1994 winter
Shad Darshan (Part 2)	Vasant Lad	ayurveda, the science of	1994 winter
Healing with Household Herbs: Bhringaraj	Kevin Casey	herbology &	1994 winter
Sneha In Snehan And Skin	Vasant Lad	ayurvedic massage &	1995 fall
Breathing is Life	Ann Harrison	yoga	1995 fall
Healing with Herbs: Prana	Michael Dick	herbology &	1995 fall
Ayurvedic Cuisine: Urad Dal Soup	Usha Lad	nutrition, digestion &	1995 fall
Prana	Vasant Lad	disease & ayurveda	1995 fall
Shirodhara	Ed Danaher	ayurvedic massage &	1995 spring
Healing with Herbs: Maintaing Ojas	Michael Dick	herbology &	1995 spring
Ayurvedic Cuisine: Cucumber Raita	Usha Lad	nutrition, digestion &	1995 spring
Ojas	Vasant Lad	disease & ayurveda	1995 spring

***NOTE: Not all issues are available. Please call for the availability of any particular issue.***

***Wednesday, July 26, 2006***

***Page 3 of 7***

<b><i>TITLE</i></b>	<b><i>AUTHOR</i></b>	<b><i>SUBJECT</i></b>	<b><i>YEAR SEASON</i></b>
Food	Robert Svoboda	nutrition, digestion &	1995 summer
Healing with Herbs: Tejas & Agni	Michael Dick	herbology &	1995 summer
Tejas	Vasant Lad	disease & ayurveda	1995 summer
Ayurvedic Cuisine: Cilantro Chutney	Usha Lad	nutrition, digestion &	1995 summer
Yoga Is Like Music	Ann Harrison	yoga	1995 summer
Pregnancy And Infant Care	Vasant Lad	women & ayurveda	1995 winter
Polarity Therapy	Karuna Fluhart	subtle therapies -	1995 winter
Ayurvedic Cuisine: Red Lentil Soup	Usha Lad	nutrition, digestion &	1995 winter
Yoga And Pregnancy	Bethelya	yoga	1995 winter
Ayurvedic Cuisine: White Radish Subji	Usha Lad	nutrition, digestion &	1996 fall
The Heart	Vasant Lad	disease & ayurveda	1996 fall
Healing with Herbs: Gandharva Haritaki	Michael Dick	herbology &	1996 fall
From the Panchkarma Department	Ed Danaher	ayurvedic massage &	1996 fall
The Pulse and the Heart	Vasant Lad	clinical assessment	1996 fall
Stress, Rest and Respirative Asana	Ann Harrison	yoga	1996 fall
Healing with Herbs: Bala in the Summer	Michael Dick	herbology &	1996 spring
Nadi Vijnanam (pulse reading) (Part 1)	Vasant Lad	clinical assessment	1996 spring
Ayurvedic Cuisine: Mint Chutney	Usha Lad	nutrition, digestion &	1996 spring
Yogasana For Seasonal Balancing of Pitta	Vasant Lad	yoga	1996 spring
The Three Nervous Systems and the Polarity Principle	Karuna Fluhart	subtle therapies -	1996 spring
Kurmasana, theTortoise Pose	Ann Harrison	yoga	1996 summer
Why Have a Pulse Assessment?	Michael Dick	clinical assessment	1996 summer
Nadi Vijnanam (pulse reading) (Part 2)	Vasant Lad	clinical assessment	1996 summer
Ayurvedic Cuisine: Mung Dal Kitchari	Usha Lad	nutrition, digestion &	1996 summer
Ayurvedic Teas	Zamyat Vimal	nutrition, digestion &	1996 summer
The Role of Asanas in Digestion	Ann Harrison	yoga	1996 winter
Ayurvedic Cuisine: Agni Tea	Usha Lad	nutrition, digestion &	1996 winter
Ayurvedic Cuisine: After-dinner seeds	Usha Lad	nutrition, digestion &	1996 winter
Herbal Extracts and Cellular Agni	Michael Dick	herbology &	1996 winter
Nutrition at the Cellular Level: Pilu Paka & Pithara Pak	Vasant Lad	nutrition, digestion &	1996 winter
Agora III, The Law of Karma	Robert Svoboda	spirituality & ayurveda	1997 fall
Yoga Asana and Healing Visualization	Ann Harrison	yoga	1997 fall
Treatment of Jwara Roga with Ayurvedic Herbs	Madhavi Rathod	herbology &	1997 fall
Jwara Roga, An Ayurvedic Perspective on Fevers	Vasant Lad	disease & ayurveda	1997 fall
Ayurvedic Cuisine: Tapioca Kitchari (Subudana)	Usha Lad	nutrition, digestion &	1997 fall
Bow & Supported Bridge, Two Pitta Pacifying Yoga Postures	Bethelya	yoga	1997 spring
Ayurvedic Cuisine: Mixed Vegetable Subji	Usha Lad	nutrition, digestion &	1997 spring
Healing with Household Herbs: Fennel		herbology &	1997 spring
Parkinson's Disease	Vasant Lad	disease & ayurveda	1997 spring
Ayurvedic Cuisine: Saffron Rice	Usha Lad	nutrition, digestion &	1997 spring
Ayurvedic Cuisine: Mixed Vegetable Soup	Usha Lad	nutrition, digestion &	1997 summer
Kati Shula & Grudhrasi (backache & sciatica)	Vasant Lad	disease & ayurveda	1997 summer
Yoga, Ayurveda & Lower Back Pain	Bethelya	yoga	1997 summer
The Relationship of Karma to the Disease Process	Madhavi Rathod	spirituality & ayurveda	1997 winter
The Greatness of Saturn - A Therapeutic Myth	Robert Svoboda	gyotisha	1997 winter
Shula (Pain) (Part 1)	Vasant Lad	disease & ayurveda	1997 winter
Ayurvedic Cuisine: Samosas	Usha Lad	nutrition, digestion &	1997 winter
Awareness in Asana and its Effect on the Doshas	Ann Harrison	yoga	1998 fall
Ayurvedic Cuisine: Cauliflower & Potato Subji	Usha Lad	nutrition, digestion &	1998 fall
Mano Vaha Srotas - the Channel of the Mind	Vasant Lad	psychology & ayurveda	1998 fall
Ayurvedic Cuisine: Shankhar Pali	Usha Lad	nutrition, digestion &	1998 spring
Yoga and the pains of past & future	Ann Harrison	yoga	1998 spring
Shula (Pain) (Part 2)	Vasant Lad	disease & ayurveda	1998 spring
Samskaras in relation to disease	Madhavi Rathod	disease & ayurveda	1998 spring

***NOTE: Not all issues are available. Please call for the availability of any particular issue.***

<b><i>TITLE</i></b>	<b><i>AUTHOR</i></b>	<b><i>SUBJECT</i></b>	<b><i>YEAR SEASON</i></b>
Shirah Shula (Headache)	Vasant Lad	disease & ayurveda	1998 summer
Sattva, Rajas & Tamas: Attaining a quiet mind with Ayuryoga	Betheyla	yoga	1998 summer
Ayurvedic Cuisine: Tomato Soup	Usha Lad	nutrition, digestion &	1998 summer
Headache Relief: A comparison of Herbal & Western	Beth Biegler	herbology &	1998 summer
Vyadhi Marga & Dosha Gati - pathways of disease &	Vasant Lad	disease & ayurveda	1998 winter
Ayurvedic Cuisine: Coconut Chutney	Usha Lad	nutrition, digestion &	1998 winter
The Attributes of the Doshas & Ayuryoga	Betheyla	yoga	1998 winter
Causative Factors of Ama	Vasant Lad	nutrition, digestion &	1999 fall
Ayurvedic Cuisine: Stuffed Okra	Usha Lad	nutrition, digestion &	1999 fall
Meda Vaha Srotas	Betheyla	yoga	1999 fall
Relationships	Vasant Lad	psychology & ayurveda	1999 spring
AyurYoga and the Sites & Subdoshas of Vata, Pitta & Kapha	Betheyla	yoga	1999 spring
Ayurvedic Cuisine: Sidha Dugdham (Medicated Milks)	Usha Lad	nutrition, digestion &	1999 spring
Prana and Pranayama	Betheyla	yoga	1999 summer
The Inner Workings of Mind	Vasant Lad	psychology & ayurveda	1999 summer
Ayurvedic Cuisine: Murmura Chivda (Snack Food)	Usha Lad	nutrition, digestion &	1999 summer
Ayurvedic Cuisine: Peanut Chutney & Sesame Seed Chutney	Usha Lad	nutrition, digestion &	1999 winter
Bhasmas: The Alchemical Preparations of Ayurveda	Vasant Lad	disease & ayurveda	1999 winter
Vibrational Healing: Accessing Psyche Thru Physical Intellig	Karuna Fluhart	subtle therapies -	1999 winter
Dashamula	Beth Biegler	herbology &	2000 fall
Prakruti	Dr. Vasant Lad	Janma, Deha, and	2000 fall
Ayurvedic Cuisine: Green Pea Bhaji	Usha Lad	nutrition, digestion &	2000 fall
Fundraising Activities	Glen Crowther	fundraising	2000 fall
Women's Medicine and Doshic Concepts	Coen Van Der	Ancient Greek &	2000 fall
Fundraising Activities	Glen Crowther	fundraising	2000 spring
Bala Kshaya : Chronic Fatigue Syndrome (Part 1)	Vasant Lad	disease & ayurveda	2000 spring
Ayurvedic Cuisine: Green Mung Soup	Usha Lad	nutrition, digestion &	2000 spring
Aromatherapy, Ayurveda & the Power of Essential Oils	Sonia Elisa	subtle therapies -	2000 spring
Ancient Greek Medicine & Ayurveda	Coen van der Kroon	ayurveda, the science of	2000 summer
Ayurvedic Cuisine: Mung Dal Kitchari	Usha Lad	nutrition, digestion &	2000 summer
Bala Kshaya: Chronic Fatigue Syndrome (Part 2)	Vasant Lad	disease & ayurveda	2000 summer
AyurYoga practice for Chronic Fatigue Syndrome	Ann Harrison	yoga	2000 summer
Fundraising Activities	Glen Crowther	fundraising	2000 summer
Bala, the Gift of Strength	Beth Biegler	herbology &	2000 summer
Ayurvedic Cuisine: Fried Rice	Usha Lad	nutrition, digestion &	2000 winter
Fundraising Activities	Glen Crowther	fundraising	2000 winter
Determining your Constitution: Assessment of Prakruti	Dr. Vasant Lad	Prakruti Assessment	2000 Winter
Ayurvedic Herbs: Punarnava	Beth Biegler	herbology &	2000 winter
Bile and Pitta	Coen van der Kroon	Gynecology and Ayurveda	2000 Winter
Fried Rice	Usha Lad	Ayurvedic Cuisine	2000 Winter
Bile and Pitta	Coen Van Der	Ancient Greek	2000 winter
Assessment of Prakruti	Dr. Vasant Lad	Determining Your	2000 winter
Punarnava: Healing Waters of Life	Beth Biegler	Ayurvedic Herbs	2000 Winter
Fundraising Activities	Glen Crowther	fundraising	2001 fall
Shamana (Part 2)	Vasant Lad	ayurvedic cleansing	2001 fall
Ayurvedic Cuisine: Chapatis	Usha Lad	nutrition, digestion &	2001 fall
Friends of Ayurveda	Sonia Elisa	fundraising	2001 fall
Ashwagandha: A Different View of Horse Power	Beth Biegler	herbology &	2001 fall
Brahmi: Reweaving the Fabric of the Mind	Beth Biegler	herbology &	2001 spring
Ayurvedic Cuisine: Tapioca Khir	Usha Lad	nutrition, digestion &	2001 spring
Fundraising Activities	Glen Crowther	fundraising	2001 spring
Manas Prakruti: Your Mental Constitution	Vasant Lad	psychology & ayurveda	2001 spring
Floral Waters: Discovering the Action of Suble Aromatherapy	Sonia Elisa	subtle therapies -	2001 spring

***NOTE: Not all issues are available. Please call for the availability of any particular issue.***

***Wednesday, July 26, 2006***

***Page 5 of 7***



<b><i>TITLE</i></b>	<b><i>AUTHOR</i></b>	<b><i>SUBJECT</i></b>	<b><i>YEAR SEASON</i></b>
Shatavari: Celebrating the Matrix of Creation	Beth Biegler	herbology &	2001 summer
Carrier Oils: Their Use in Aromatherapy and Ayurveda	Sonia Elisa	subtle therapies -	2001 summer
Ayurvedic Cuisine: Spicy Sauteed Asparagus	Usha Lad	nutrition, digestion &	2001 summer
Shamana (Part 1)	Vasant Lad	ayurvedic cleansing	2001 summer
Prameha and Diabetes (Part 1)	Vasant Lad	disease & ayurveda	2001 winter
Ayurvedic Cuisine: Varan Phala	Usha Lad	nutrition, digestion &	2001 winter
An Aromatherapy Approach to Diabetes	Sonia Elisa	subtle therapies -	2001 winter
Shardunika & Prameha: Balancing the Devourer & the	Beth Biegler	herbology &	2001 winter
Ayurvedic Cuisine: Carrot Raita	Usha Lad	nutrition, digestion &	2002 fall
Kala: The Concept of Time	Vasant Lad	ayurveda, the science of	2002 fall
Ayurveda and the Blood Type Diet	Yolande Manson	nutrition, digestion and	2002 fall
Chitrak, or What the Fire Said	Beth Biegler	herbology &	2002 fall
Neen: A Cool Herb in a Hot Season	Beth Biegler	herbology &	2002 spring
Prameha and Diabetes (Part 2)	Vasant Lad	disease & ayurveda	2002 spring
Yoga's Role in Balancing Diabetic Conditions	Karayianis & van	yoga	2002 spring
Ayurvedic Cuisine: Mung Dal and Vegetable Bhaji	Usha Lad	nutrition, digestion &	2002 spring
Asatmya (Allergies)	Vasant Lad	disease & ayurveda	2002 summer
Vata and Prana	Coen van der Kroon	ancient greek	2002 summer
Shankhapushpi: Uncovering the Nature of Mind	Beth Biegler	herbology &	2002 summer
Ayurvedic Cuisine: Ghee (Clarified Butter)	Usha Lad	nutrition, digestion &	2002 summer
Rutu Charya	Vasant Lad	seasonal routines &	2002 winter
An Introduction to Ayurvedic Bodywork	Jaisri Lambert	ayurvedic massage &	2002 winter
Snehana (Oil Massage)	Vasant Lad	ayurvedic massage &	2002 winter
Eranda: A Laying On of Hands	Beth Biegler	herbology &	2002 winter
Ayurvedic Cuisine: Squash Subji	Usha Lad	nutrition, digestion &	2002 winter
Rasayana Chikitsa: The Art of Rejuvenation	Vasant Lad	herbology &	2003 fall
Seasonal Routine for Fall	Vasant Lad	seasonal routine &	2003 fall
Asana from the Floating World: Yoga as Rasayana	Beth Biegler	yoga	2003 fall
Ayurvedic Cuisine: Date Khir	Usha Lad	nutrition, digestion &	2003 fall
Vastu Shastra: The Entrance to a Building	Vasant Lad	vastu shastra	2003 fall
Svedana, Therapeutic Sweat	Vasant Lad	ayurvedic massage &	2003 spring
Chandana: The Bouquet of Bliss	Beth Biegler	herbology &	2003 spring
An Introduction to Vastu Shastra	Vasant Lad	vastu shastra	2003 spring
Seasonal Routine for Spring	Vasant Lad	seasonal routine &	2003 spring
Seasonal Routine for Summer	Vasant Lad	seasonal routine &	2003 summer
Natural Summer Beauty	Sonia Elisa	ayurvedic beauty care	2003 summer
On the Sweetness of Breathing: Yashti Madhu and Prana	Beth Biegler	herbology &	2003 summer
Ayurvedic Cuisine: Buttermilk Curry	Usha Lad	nutrition, digestion &	2003 summer
Vastu Shastra: The Site	Vasant Lad	vastu shastra	2003 summer
Herbal Rasanayanas for Prana Vaha Srotas	Vasant Lad	herbology &	2003 winter
Vastu Shastra: Subtle Factors Affecting Vastu	Vasant Lad	vastu shastra	2003 winter
Ayurvedic Cuisine: Tur Dal Soup No. 2	Usha Lad	nutrition, digestion &	2003 winter
How to Use Rasayana Therapy	Vasant Lad	herbology &	2003 winter
Seasonal Routine for Winter	Vasant Lad	seasonal routine &	2003 winter
Where the Breath Takes You: Yoga & the Prana Vaha Srotas	Beth Biegler	yoga	2003 winter
Vastu Shastra: The Kitchen	Vasant Lad	vastu shastra	2004 fall
Trividha Pariksha: The Three Categories of Clinical Ex	Vasant Lad	clinical ayurveda	2004 fall
Ayurvedic Cuisine: Turmeric Pickle	Usha Lad	nutrition, digestion &	2004 fall
Ode to the Art of Digestion 2: Asana and the Anna v.s.	Beth Biegler	yoga	2004 fall
Rejuvenation through Herbal Rasayana	Vasant Lad	herbology &	2004 spring
The Do's and Don'ts of Vastu Shastra	Vasant Lad	vastu shastra	2004 spring
Ode to the Art of Digestion I: Asana and the Anna v.s.	Beth Biegler	yoga	2004 spring
Ayurvedic Cuisine: Bitter Melon Subji No. 2	Usha Lad	nutrition, digestion &	2004 spring
Herbal Rasayanas for Anna Vaha Srotas	Vasant Lad	herbology &	2004 spring

***NOTE: Not all issues are available. Please call for the availability of any particular issue.***

<b><i>TITLE</i></b>	<b><i>AUTHOR</i></b>	<b><i>SUBJECT</i></b>	<b><i>YEAR SEASON</i></b>
Reflections on Ayurveda: Past, Present & Future	Vasant Lad	philosophy & ayurveda	2004 summer
Ayurvedic Studies Students		general	2004 summer
Ayurvedic Institute...Then & Now		general	2004 summer
Ganesha Ayurveda Ashram	Vasant Lad	fundraising	2004 summer
Embodying Ayurveda	Beth Biegler	yoga	2004 summer
Ayurveda Under Cultivation	R. Svoboda	philosophy & ayurveda	2004 summer
Ayurveda and Spirituality in Daily Living	Vasant Lad	psychology & ayurveda	2004 summer
Spiritual Healing with Special Reference to Puja	Vasant Lad	philosophy & ayurveda	2004 winter
Vastu Shastra: Focus on the Bedroom & Bathroom	Vasant Lad	vastu shastra	2004 winter
Jyotish and the Practice of Ayurveda	Bethyla	jyotish	2004 winter
Finding Time to Cook	Michele Khalef	nutrition, digestion &	2004 winter
Ayurvedic Cuisine: Creamed Wheat Porridge	Usha Lad	nutrition, digestion &	2004 winter
Tracing Our Bloodlines: Asana and Rakta Vaha Srotas	Beth Biegler	yoga	2005 fall
Herbal Rasayanas for Rakta Vaha Srotas	Vasant Lad	herbology & ayurveda	2005 fall
Concept of Cancer in Ayurveda	Vasant Lad	cancer: source,	2005 fall
Yoga & Planetary Types, Part Three	Bethyla	Jyotisha	2005 fall
Bodies of Water: Asana and the Ambu Vaha Srotas	Beth Biegler	yoga	2005 spring
Yoga & Planetary Types, Part One	Bethyla	Jyotish	2005 spring
Herbal Rasayanas for Udaka Vaha Srotas	Vasant Lad	herbology & ayurveda	2005 spring
Urah Shulam (Chest Pain)	Vasant Lad	disease & ayurveda	2005 spring
Carrot Subji	Usha Lad	nutrition, digestion &	2005 spring
Embodiment of Taste: Asana and Rasa Vaha Srotas	Beth Biegler	yoga	2005 summer
Yoga & Planetary Types, Part Two	Bethyla	Jyotisha	2005 summer
Herbal Rasayanas for Rasa Vaha Srotas	Vasant Lad	herbology & ayurveda	2005 summer
Pachak Lassi	Usha Lad	nutrition, digestion &	2005 summer
Brief Overview of Ayurvedic Pharmacology	Vasant Lad	Herbs, minerals and	2005 summer
Female Health Issues, Part One	Vasant Lad	Women's health and	2005 winter
Live Happily for a Hundred Years	Vasant Lad	longevity and ayurveda	2005 winter
On Being Moved: Asana and Mamsa Vaha Srotas	Beth Biegler	yoga	2005 winter
Rasayanas for Mamsa Vaha Srotas	Vasant Lad	herbology and ayurveda	2005 winter
Sweet Potato Khir	Usha Lad	nutrition, digestion and	2005 winter
Female Health Issues, Part Two	Vasant Lad	Women's health and	2006 Spring
Speaking Up for Fat	Beth Biegler	Asana and meda vaha	2006 Spring
Rasayana for Meda Vaha Srotas	Vasant Lad	herbal rejuvenation for	2006 Spring
Breast Self-Exam	Vasant Lad	Women's health	2006 Spring
Mung Dall Kitchari for Kapha	Usha Lad	nutrition, digestion &	2006 Spring

***NOTE: Not all issues are available. Please call for the availability of any particular issue.***

***Wednesday, July 26, 2006***

***Page 7 of 7***